

(Teachers, staple this sheet of reminders onto the front of the Student & Parent Handbook!)

Important Reminders



1. **Each student needs a sack lunch and drink on the first Monday of camp.** Everything must be disposable or be able to be recycled. Other than this sack lunch, there is not to be any other food, candy, gum, soft drink etc. brought in or mailed in to camp.

2. **Every student needs a name tag** to be worn around the neck. (The size should be approximately 2 in. x 4 in. Student's first name & initial of last name should be in large letters, & the name of the child's school in small letters.)



3. Prior to camp **each student needs to take a pre-addressed stamped envelope to school.** The teacher will take these to camp so the student can use the envelope to send mail from camp.

4. **No student will be allowed to have others autograph clothing without a signed permission note from a parent/guardian that the teacher takes to camp for the Friday autograph time.** Also, those having a signed note need to bring a **marking pen to camp.** None will be provided at camp for signing clothing (It doesn't do the pen any good!)

5. After mailing the Novelties/Entertainment Book/Volunteer form and sending the 3 page Health/Permission form to school, keep the rest of this handbook for future reference.

6. Copies of this handbook are also available for printing online on the TCOODS web site <www.outdoorschool.org>.

7. Also log on to the TCOODS web site <www.outdoorschool.org> before camp to view photos of last year's Outdoor School, read "So, You're Coming to Camp!," read about the history of ODS in Tillamook County, read other information about Outdoor School etc.

TCODS - Tillamook County Outdoor School

P.O. Box 4
Cloverdale, OR 97112
503-392-3059
FAX 503-392-6104

Moses@oregoncoast.com
www.outdoorschool.org

A NON-PROFIT TAX-EXEMPT ORGANIZATION
(State ID # 0403408-4 Federal ID # 93-0982110)

Student and Parent Handbook

FALL 2011

Student's Name _____

Please read this entire handbook, and return the last 3 pages to school by Friday, September 16th at the latest!

Outdoor School, hereafter referred to as ODS, is held at Camp Meriwether, a Boy Scout camp south of Cape Lookout on the Oregon coast. The camp is in a beautiful setting bordering the beach on one side and forest on the other sides, and it has a natural lake on site. It is possible to see deer and other animals in camp as it is a wildlife refuge.

There are two five-day sessions of ODS. Each session will have approximately 135 sixth graders from various schools throughout Tillamook County and possibility involve two classes from outside Tillamook County

TCODS Mission Statement:

We will provide a positive, safe and caring environment in which sixth graders will be challenged to learn important life concepts in relating to and caring for our environment including both nature and people. Students and their teachers will be creatively challenged to pursue more learning opportunities about the needs of our environment and how people can meet those needs in very wise and caring ways.

High school student counselors and staff will also be challenged to grow in relating to others in positive high quality ways and increasing personal self esteem as we provide a unique atmosphere of sincere caring and provide many opportunities to develop great responsibility in demonstrating a positive, safe and caring environment for everyone involved.

In short, everyone learns or is reminded that society needs each of us to learn ways to be a responsible and positive person and that life isn't just about me and my needs.

The objectives are:

1. learning through direct experience some of the general principles & lessons often intended to be taught from textbooks in the classroom,
2. learning to live happily and healthfully out-of-doors,
3. learning by direct experience to understand and appreciate our relationship to our environment and our responsibility of caring for the environment,
4. gaining a curiosity about the world around us and realizing it is fun and interesting to learn about the outdoors,
5. learning worthwhile interests and skills which enrich living,
6. learning to observe many of the basic rules of safety,
7. learning to live democratically with others,
8. learning to understand, accept, and mutually respect the rights of others,
9. learning to assume some of the responsibilities of community living by doing one's share of the work, and
10. experiencing opportunities for the development of desirable personality traits that include initiative, self-reliance, responsibility, creativeness, kindness, respect etc.

CAMP LIVING ORGANIZATION

2

Students are housed in adirondacks (referred to after this as cabins). One high school or college age student counselor will be responsible for three to eight students. The camp is part of about 600+ acres that can be used for study and has recreation areas, a campfire bowl, meeting rooms, stormy day shelters and Discovery Lodge, a dining hall/lodge that includes a health facility.

CAMP WORK EXPERIENCE

Each student is responsible for straightening one's own bunk as well as helping with cabin neatness and cleanliness. In addition, students experience a variety of work duties such as setting and clearing tables, serving food to tables, participating in the raising or lowering of the U.S. flag, and cleaning up various camp sites at the end of the week.

COUNSELORS

The high school and college age counselors are chosen with care. After prospective counselors sign up, high school staff and law enforcement personnel screen out those who:

1. are suspected of being involved in drugs (alcohol included);
2. have a history of resisting authority;
3. have a history of severe absenteeism; and
4. have a reputation of shirking responsibilities.

In addition, it is stressed that profanity and vulgarity will not be tolerated. Rules for counselors are clearly communicated to them, and infractions of certain rules result in the expulsion of the counselor. The counselors receive a short, but very intense training. Their role does **not** include the teaching of the field study lessons in the subject areas. However, they participate with the sixth grade students in most activities leading by example.

The students and counselors develop a healthy bond that will remain for many years to come. Although we encourage after-camp communication between students and counselors, we suggest the following guidelines to counselors, students, and parents **(These guidelines are based on common sense!)**:

1. The student should be the one to initiate post-camp contact through a letter or email. Please discourage phone calls to the counselors.
2. Face to face contact should be in a public place preferably in a group setting. The ideal setting would be inviting the counselor to the student's home for dinner with the student's family or going out to a restaurant together as a family.
3. If there is a feeling that something is wrong in the after-camp relationship, and the parent, student, or the counselor is unable to resolve it through normal channels, please contact the student's teacher who will contact the principal and ODS director who will work toward immediate resolution of the problem.

If the student and parent are pleased with the counselor's performance at camp, you are encouraged to write a letter to the counselor's administrator at school, to the counselor's parents, or to the counselor commending the counselor. Counselor addresses will be provided after camp.

DEPARTURE AND ARRIVAL DATES AND TIMES

(Teachers will fill in the blanks.)

In order to arrive at Camp Meriwether by 9:50 AM on Monday, _____ (date)

students should arrive at school at _____ (time) to begin loading luggage on the bus. The bus will depart

from school at _____ (time). Students will depart from Camp Meriwether on Friday, at 1:30 PM.

They will arrive back at the school they departed from at approximately _____ (time). Unless your

school has given you other instructions, students **should be picked up as soon as they arrive back at school**. If someone other than the parent is picking up the student, please provide a note with the necessary information to the student's teacher prior to camp.

The following is a suggested list of items to take with you to ODS. If possible, avoid taking extra things that really aren't needed:

MARK ALL CLOTHING AND EQUIPMENT WITH NAME TAPE OR WATER PROOF INK TO PREVENT LOSS!

BEDDING:

Sleeping bag (or a four-blanket bedroll)

Because the nights can be cold, EVERYONE must bring an extra blanket to put inside of the sleeping bag for warmth.

Pillow

An air mattress or foam pad is optional. (The bunks are simply boards, not mattresses!)

CLOTHING

1 or more pair lightweight shoes such as a pair of tennis shoes.

1 pair of hiking-type shoes if you have them and are used to wearing them.

A warm coat is a must.

A raincoat if you have one. (We do lessons outside even in the rain unless it is pouring!)

Waterproof head covering.

Several warm sweaters or sweatshirts.

1 or more warm shirts.

3 or more lightweight shirts or blouses.

At least 3 pair of jeans or similar-type pants.

Daily changes of socks + several extra pair.

Daily changes of underwear + several extra pair.

A stocking hat. **(Most heat loss takes place through the head so you need this to keep you warm at nights! If you don't want to wear it other times, don't! But bring one to wear at night!)**

Several washcloths.

Several bath towels.

OPTIONAL:

A pair of flannel pajamas.

Shorts may be worn if they are within 4 inches of the kneecap or below the tip of your fingers when your arms are extended down your legs. Spandex can be worn only with something over it. (Bring long pants as well as you will be in the forest in brush at times.)

On Thursday evening we will have a "Formal Dinner". Each person needs to bring a clothing item of a formal nature such as any type of tie, vest, a fancy handkerchief to place in a shirt pocket, a fancy bow for the hair etc. Each person needs only one item. **Be imaginative!!!**

PERSONAL CARE ITEMS

Toothbrush and toothpaste.

Comb or hairbrush

Soap (in a container!)

Feminine hygiene items

OPTIONAL:

Facial tissue.

Lotion and cream for chapped lips.

Do NOT bring electric hair dryers or curling irons. There is NO electricity in the cabins and not enough time in the shower areas.

GENERAL EQUIPMENT

Flashlight. This is a must! Bring several extra batteries also.

Name tag with first name, last name or initial, and name of school.

A GOOD MOOD THAT WILL LAST AT LEAST 5 DAYS!

OPTIONAL:

Camera and film.

Absolutely do NOT bring FOOD, GUM, MP3 PLAYERS, RADIOS, KNIVES, ELECTRONIC GAMES, WALKIE TALKIES, CELL PHONES or things of that nature! Don't even think about bringing flip flops to wear in camp! Bring closed-toed shoes!

FIELD STUDIES (AREAS OF INSTRUCTION)

4

Students will participate for one and one-half hours in each of six field study areas with classmates from their own school under the direction of a resource instructor and their classroom teacher as well as 6 - 8 high school student counselors.

Field studies vary from year to year due to availability of resource instructors as well as requests from teachers. Field studies currently planned for this year will include the following:

1. "Erosion Explosion!" - Resource instructors from Tillamook Estuaries Partnership will help students discover the effects of erosion and sedimentation as they visit a healthy riparian area and conduct erosion experiments.
2. "Forest Communities" - Students are taught by personnel from the BLM, State Forestry, and the Forest Service about the forest as a community that depends on each of its parts. Tree and plant identification is included.
3. "Survival" - Students participate in lessons teaching basic common sense survival techniques.
4. "Welcome to My World" - This is an excellent group of simulations on disabilities. It is designed to further students' knowledge, understanding, and empathy of disabilities and of people who have disabilities.
5. "Animals, Who Needs 'Em?" is a field study that focuses on local wildlife including the smallest local mammals to the the county's growing herds of elk and our relationships with these animals.
6. "Learn About the Beach!" (Teachers will choose either #6 or #7 for their classes.) - This field study involves the students hiking on a portion of the beach bordering camp. Students will gain important knowledge about beach and ocean safety. Students will also take part in an ongoing study of litter on the beach that will continue with possible lessons in the classroom.
7. "Need a Friend" - Students have initiatives, group problems, to solve as a group. This involves learning to work together as a team and is a great activity to do at the start of the school year.
8. Other - Teachers may also choose to develop a field study of their own to replace any of the above field studies.

RECREATION, held on MONDAY - THURSDAY AFTERNOONS

ARCHERY	Students receive instruction on how to shoot and how to abide by the safety rules and commands. Each student shoots arrows under the supervision of two adults as well as high school students. While students are waiting to participate in archery they learn to tie knots and participate in a knot-tying race.
BOATING	Students row rowboats around the lake. Every rowboat has a high school student or adult in it with the sixth graders. Every person wears a life jacket. At least two adults and many high school students monitor this activity.
GAMES	Students participate in fun, active, and cooperative games.
OLYMPICS	Students participate as teams in various "Olympic" activities. Included is the four way tug of-war and the "famous" barrel fill. Part of each team of students race from the lake to a barrel dumping in water. The remainder of each team tries to plug the many holes in the barrel so that the water will stay in. The team with the first full barrel wins.

HEALTH AND SAFETY

A registered nurse will be in camp at all times. All medications are kept by the nurse who administers them at the proper times. In case of an emergency, your child will have medical and hospital services in the shortest period of time possible. **If such an emergency should arise, ODS staff will make every attempt to notify you immediately by telephone.**

Students, staff, and visitors are **NEVER ALLOWED** to wade in the ocean. Students, staff, and visitors are **NEVER ALLOWED** to swim in Lake Chamberlain. Every person wears a life jacket while boating, and a high school counselor or other adult rides in each rowboat during boating. Other than a short walk to the nearest restroom facilities, students are **NEVER** out of the presence of high school student counselors, ODS staff, or teachers.

Bed wetting is dealt with in strict confidence. Every year we have a number of campers who wet their sleeping bags. We consider it no big deal in the sense that we are prepared to deal with it in a very non-embarrassing way. Campers are encouraged to tell an adult or high school student counselor they trust that their sleeping bag "needs taken care of." Then while all campers are completely away from the cabins from 7:15 AM - 3:30 PM, the bag is removed, dried, and placed back in the cabin. Because cabins are three-sided with lots of fresh air, there is no odor. Everything is taken care of by a few staff people before campers return to the cabin area. You are encouraged to note on the health form if there has been a history of sometimes bedwetting. In this way, a staff person will then check the sleeping bag daily while students are out of the area to see if it needs taken care of.

Camp Meriwether is two miles off of the highway. The housing areas of camp are behind gates far away from the main road into camp. Even though the beach to the west of camp is a semi public beach, we rarely have any other people use the beach because the nearest access is quite a distance away. Cars are not allowed on the beach and are immediately reported to the camp ranger/sheriff's department. In addition, camp staff members and teachers carry radios to communicate with each other

and are in contact throughout the day and night. We want all people in camp to know that they are safe! Also, there is NO poison oak or poison ivy in or near camp.

Even though Camp Meriwether borders the beach and ocean, almost all of the camp's activities are done at least about 100 feet above sea level and most of the facilities including the cabins the students live in are also about 100 feet above sea level. If there would be a tsunami alert, camp would be notified immediately by law enforcement personnel. Even though our activities are mostly high above sea level, we would hike about 2 miles out of camp through forested land to even higher ground completely out of any possible harm's way to ensure that everyone is safe. Local radio stations would be notified so as to announce our safety to reassure the public as would the office of each school having students in camp. Please do not rush to camp to remove your child! We have been through this situation in the past, and not one student was aware that our activity was anything different than done before. There was absolutely no panic, there was great fun in our adventure of walking out of camp, and everyone was very safe!

MAIL

Most students adjust very well to camp, but a letter from Mom and Dad on Wednesday or Thursday gives them the assurance and confidence to enjoy the experience to the fullest. It seems to take several days for letters to reach camp, so send them early. **Don't mail any letters any later than Wednesday.** When you write to your child, please write your child's name above the address of camp. **In the lower left corner of the envelope, write your child's teacher's name.**

Your child will be encouraged to write home and relate experiences at least once during the five day period. Please send a pre-addressed stamped envelope to school with your child before camp so a letter can be sent home or to wherever your child is to write.

The TCODS phone number in camp is 503-965-6798 (unlisted number). Please limit phone calls to those of a very important nature. If you can simply leave a message instead of asking for a return phone call, it will be much easier on staff and 6th grade teachers who are roaming throughout the very large camp involved in camp activities. **The easiest way to contact Moses and/or a teacher is via email - Moses@oregoncoast.com.**

ODS WISH LIST

Tillamook County Outdoor School (TCODS) is a non-profit, tax-exempt organization existing solely to provide ODS. Occasionally we are asked by people wishing to make donations if we have any specific needs. **Our two basic needs are firewood for evening campfires and for in the dining hall, and we would appreciate any donations of money.** We struggle to meet our expenses and rely on fundraisers and donations. Contact us (moses@oregoncoast.com or 503-392-3059) to make a firewood donation. Donations of money can be sent to TCODS, PO Box 4, Cloverdale, OR 97112. All donations are tax deductible. No one has to make a donation!

ODS NOVELTIES

ODS tee-shirts, hooded sweatshirts, hats, tote bags & water bottles are available for purchase. Please look through the mini-catalog on page 7. If you decide to order, please fill out the order form on page 8.

To receive your order with the first delivery, please **mail the order form and money** to TCODS by the end of the 2nd week of school in September. **Orders will be delivered after camp.** Orders for the second and final delivery need to be mailed by the end of the first week of November. Profits from these sales are used to help meet the expenses of ODS. **Please don't send the orders to your child's school.**

Additional order forms are available from the student's teacher and on the TCODS web site, www.outdoorschool.org.

ENTERTAINMENT BOOK '12

The Entertainment '12 book is a discount book filled with incredible opportunities for saving money that offers 50% discounts at hundreds of motels, hotels, movies, concerts, and sports events as well as discounted airfare, auto rentals, and the offer of buy one dinner - get one free at many quality restaurants. The books we are offering are for the Portland area and for the Greater Oregon area which features the Salem/Bend etc. area. Both books also have some offers for the coast and central Oregon. In addition, 50% off motels are listed for use throughout the USA.

Entertainment books can only be sold by nonprofit organizations, and the organizations cannot use paid advertising to sell the books. The prices of the books are set by Entertainment Publications, Inc. **The Portland edition and the Greater Oregon edition each sell for \$25.00! Each book pays for itself in only a few uses.** Books are available immediately and may be used as soon as they are received. See page 9 to order your book, as well as your friends' and relatives' Entertainment books. Profits are very small but still benefit ODS. Log on to our web site, www.outdoorschool.org, and click on "Entertainment Books" to find out how to order books online. Note that books can be purchased for any area of the United States to use on vacations or for gifts for family and friends.

Also, TCODS has great support among local businesses. **We are NOT offering the Entertainment '12 book as competition for local businesses.** The book is good to have, though, for when you are out of this area. Also, there are a few businesses in the county that are in the book.

VOLUNTEERS

A few volunteers (who have contacted TCODS **prior to camp**) per meal are welcomed to work in the kitchen helping prepare a meal, dish up food, and clean up in the kitchen after the meal. Volunteers, who may be parents, grandparents, or friends, will work under the direction of the head cook and assistant cooks. Volunteers are encouraged to eat with their children during the meal. (A \$5.00 donation for the meal would be appreciated!) Note that we really do not need to have whole families in the kitchen. We'd prefer an adult or two.

If you are available and would like to volunteer to help, please fill in the necessary information on the Volunteer Form on page 8. **The Form will need to be mailed to TCODS by Friday of the second week in September** in order for us to have time to contact volunteers and set up dates. Persons volunteering need to report to camp 45 minutes before the meal and be prepared to remain in the kitchen an hour after the meal. There is limited space for volunteers; so we try to evenly spread volunteer help among each of the meals on the five days. **Do NOT come to volunteer without being contacted by camp staff!** **We can use only a few people at a time in the kitchen.**

Also, if your child is a person who might get homesick if s/he sees you helping at camp, please consider whether or not you should volunteer to work in the kitchen.

There is NO parent night or parent meal in camp! For the safety of the kids, we discourage visitors to camp other than a few school personnel.

TCODS STEAK DINNER AND SILENT AUCTION

On Saturday evening November 5, 2011, TCODS will host its 10th annual steak dinner and silent auction in Wirick Hall of the Tillamook Nazarene Church on east 3rd Street. The dinner will begin at 5:00 PM and ends at 7:45 PM. The oral auction will begin at 7:30 PM and the silent auction continues throughout the hours of the dinner. There are usually many, many, many wonderful and valuable items in the auctions. Tickets are \$15.00 per person, \$25.00 per couple & \$7.00 for kids 10 and under. All proceeds benefit TCODS and help pay many of the expense for Outdoor School.

TCODS MINI CATALOG Novelties

(A large design is placed on the upper front of shirts.)



The design includes the words "TCODS - Tillamook County Outdoor School" and "The Moment May be Temporary, but the Memory is Forever."

HOODED SWEATSHIRTS **\$25.00** each
(100% cotton. **Sizes run a little small.** All sizes are adult sizes!)

Light gray with black printing

- order # 010 Small
- 011 Medium
- 012 Large
- 013 X Large

Black with white printing

- order # 015 Small
- 016 Medium
- 017 Large
- 018 X Large

You can order XX large of any shirt for \$1.00 more!

TEE-SHIRTS **\$14.00** each
(100% cotton. **Sizes run a little small.** All sizes are adult sizes!)

Black with white printing

- order # 020 Small
- 021 Medium
- 022 Large
- 023 X Large

You can order XXX large of any shirt for \$2.00 more!

TOTE BAG **\$12.00** each

Black with white printing

- order # 030

HATS **\$15.00** each

- order # 040 Blue
- 041 Black

METAL WATER BOTTLE **\$10.00** each

- order # 050 Green with white lettering

S = 34 - 36
M = 38 - 40
L = 42 - 44
XL = 46 - 48
XXL = 50 - 52
XXXL = 54 - 56

TCODS NOVELTIES

HATS, HOODED SWEATSHIRTS, TEE-SHIRTS, TOTE BAGS, WATER BOTTLES & ENTERTAINMENT '12

ORDER FORM

Student's Name _____ Parent's Name _____

Mailing Address _____ City _____ Zip _____

Home Phone - - Work Phone - - Cell Phone - -

Email Address: _____

Teacher's Name Moses School's Name Home School or Out-of-County

NOVELTIES:

ORDER #:	HOW MANY?:	AMOUNT:	PLEASE MAKE OUT CHECKS OR MONEY ORDERS TO: TCODS
_____	_____	_____	
_____	_____	_____	

To receive your novelties order with the first delivery, mail this order form and money to TCODS by the end of the second week of school in September.

Orders for the second delivery need to be placed no later than the end of the second week in November.

ENTERTAINMENT '12 BOOKS

ORDER #:		HOW MANY?	PRICE:	AMOUNT:
050	Portland edition	_____	\$25.00 each	_____
051	Greater OR edition	_____	\$25.00 each	_____

VOLUNTEER FORM to help in the kitchen

Name(s) of person(s) volunteering _____

Student's name _____ School _____

Phone #s _____ Teacher _____

Check any that apply:

I **CAN** work on Monday____, Tuesday____, Wednesday____, Thursday____, Friday____.

I **CAN** work breakfast____, lunch____, supper____.

Do NOT give this form to your child's teacher! Please mail it and any money to TCODS!

MAIL This form to: **TCODS, PO BOX 4, CLOVERDALE, OR, 97112**

Additional forms are available from your child's teacher.

This page is to remain blank!! It is the back of page 8 of which parts might be mailed to TCOODS or given to the teacher.

A Checklist for the Student Going to Camp:

Parents/Guardians, post this list at home in order to check and make sure that everything that went to camp returns home!	
<input type="checkbox"/> Permission/Health Form taken to school <input type="checkbox"/> A pre-addressed stamped envelope taken to school	<input type="checkbox"/> A name tag made <input type="checkbox"/> Novelties/Entertainment Book/Volunteer Form mailed
<input type="checkbox"/> Sleeping bag or a four-blanket bedroll <input type="checkbox"/> Extra blanket <input type="checkbox"/> 1 or more pair light-weight shoes <input type="checkbox"/> Warm coat <input type="checkbox"/> Waterproof head covering <input type="checkbox"/> 1 or more warm shirts <input type="checkbox"/> 3 or more pair of jeans or other pants <input type="checkbox"/> 6 or more pair of underwear <input type="checkbox"/> Several washcloths <input type="checkbox"/> Formal-type piece of clothing	<input type="checkbox"/> Pillow <input type="checkbox"/> Air mattress or foam pad <input type="checkbox"/> 1 pair hiking-type shoes (Don't buy new ones just for camp!) <input type="checkbox"/> Raincoat <input type="checkbox"/> Several warm sweaters or sweatshirts <input type="checkbox"/> 3 or more light-weight shirts or blouses <input type="checkbox"/> 6 or more pair of socks <input type="checkbox"/> A stocking hat <input type="checkbox"/> Several bath towels <input type="checkbox"/> <i>OPTIONAL: Flannel pajamas, shorts, long underwear</i>
<input type="checkbox"/> Comb and/or hairbrush <input type="checkbox"/> Soap in a container <input type="checkbox"/> Toothbrush and toothpaste	<input type="checkbox"/> <i>OPTIONAL: Facial tissue, lotion, chapped lip salve, feminine hygiene items</i>
<input type="checkbox"/> Flashlight & extra batteries	<input type="checkbox"/> <i>OPTIONAL: Camera</i>
<input type="checkbox"/> <u>Clothing and equipment is marked with student's name & school</u>	<input type="checkbox"/> Lunch is prepared for Monday <input type="checkbox"/> Wonderful mood is planned for the week
<p>If you don't have some of the above needed items, tell the child's teacher. We will try to find needed items in order to enable your child to attend camp!</p>	
<p>Absolutely do NOT allow extra food, gum, flip flops, MP3 players, knives, cell phones, walkie talkie-type radios, electronic games or things of this nature to go to camp!</p>	

Information for Families to Keep Posted While the Student Is at Camp:

1. The student camper is in capable and caring hands and is constantly supervised!		
2. The camp unlisted phone # is: 503-965-6798. The easiest way to contact camp is email < moses@oregoncoast.com >.		
3. There is NO PARENT NIGHT or meal for parents! Our focus needs to remain on the 6th graders. A rumor to the contrary has persisted for years! For obvious safety reasons adults will absolutely not be allowed to roam camp! Thanks for your understanding!		
4. Send a letter to your child by Wednesday.	STUDENT'S NAME %Camp Meriwether 17500 Cape Lookout Rd. Cloverdale OR 97112	Put your child's teacher's name in the lower left corner of the envelope.
5. Here's a basic Tuesday - Thursday schedule of what your child is doing:		
6:15 AM Rise and Shine/Cabin cleanup 6:55 Work Duties 7:15 Morning Flag Ceremony 7:25 Breakfast 8:15-9:45 Field Study #1 9:50-11:20 Field Study #2	11:30 Lunch 12:15 PM Afternoon Large Group Assembly 1:15 Homeroom (Students meet with their own teachers.) 2:30-3:30 Recreation	3:30 Snacks, Cabin time, Showers 5:45 Supper 7:00 Evening Flag Ceremony 7:50 Campfire Program 8:50 To Adirondacks 9:15 <u>ZZZZZZZZZZ</u>
7. Please be at your child's school to pick him/her up when s/he returns on Friday. Remember, your child will be tired and yet excited to tell you about camp. S/he will be glad to be home and yet sad to leave newly made friends.		
8. Encourage your child to write to his/her counselor and/or other camp friends after camp to help with the feeling of loss of leaving camp.		
9. Please fill out the camp evaluation form ASAP that your child will bring home from school the Monday after camp.		
10. After camp log on to www.outdoorschool.org for photos and articles about the week at camp & to check the Lost & Found list.		

This page is to remain blank!! It is the back of page 9 which will remain at the student's home.

TCODS - STUDENT HEALTH & PERMISSION FORMS

This 3 page form and the information on it are kept very confidential. Please complete **all** information in full.

Please staple & send the 3 pages to Moses.

ODS USE ONLY: Counselor's name _____ Cabin name _____

1. School's Name: **Home School or Out-of-County** Teacher's Name: _____

2. Student's Name: _____ Birth Date ____/____/____ Age ____ Sex ____

3. Parent/Guardian with legal custody to be contacted in case of illness or injury:

Name: _____ Relationship to Camper: _____

Home phone _____ - _____ - _____, Work phone _____ - _____ - _____, Cell phone _____ - _____ - _____

Mailing Address _____ City _____ Zip _____

Parent/Guardian home email address _____

Parent/Guardian work email address _____

4. IN EMERGENCY, IF UNABLE TO NOTIFY ABOVE PARENT/GUARDIAN, CONTACT:

Name: _____ Relationship To Camper: _____

Home phone _____ - _____ - _____, Work phone _____ - _____ - _____, Cell phone _____ - _____ - _____

(Additional contact in event parent/guardian and above person cannot be contacted:)

Name: _____ Relationship To Camper: _____

Home phone _____ - _____ - _____, Work phone _____ - _____ - _____, Cell phone _____ - _____ - _____

5. General Health History: Check "Yes" or "No" for each statement. Explain "Yes" answers below. Has/does the camper:

<p>1. Have recurrent/chronic illnesses? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>2. Had a recent infectious disease? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>3. Had a recent injury? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>4. Had asthma/wheezing/shortness of breath? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>5. Have diabetes? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>6. Had seizures? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>7. Had headaches? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>8. Wear glasses, contacts, or protective eyewear? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>9. Had fainting or dizziness?..... <input type="checkbox"/> Yes, <input type="checkbox"/> No</p>	<p>10. Passed out/had chest pain during exercise? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>11. Have problems with falling asleep/sleepwalking?.... <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>12. Have a history of bedwetting? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>13. Have problems with diarrhea/constipation? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>14. Have any skin problems? <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>15. Ever been treated for attention deficit disorder (ADD) or attention deficit/hyperactivity disorder (AD/HD)?..... <input type="checkbox"/> Yes, <input type="checkbox"/> No</p> <p>16. Had a significant life event that continues to affect the camper's life? (Death of a loved one, family change, foster care, survived a disaster etc.)..... <input type="checkbox"/> Yes, <input type="checkbox"/> No</p>
---	---

Please explain "Yes" answers from above in the space below noting the number of the questions.

6. Allergies: No known allergies. This camper is allergic to Food Medicine The environment (*insect stings, hay fever etc.*)

Other (**Please describe below what the camper is allergic to and the reaction seen.**)

Write the student's/camper's name here in case this page becomes separated from the other 2 Health/Permission Form pages:

Student's Name: _____

7. **Diet, Nutrition:** This camper eats a regular diet. This camper eats a regular vegetarian diet. This camper has special food needs (*Please describe below.*)

8. **Restrictions:** I have reviewed the program and activities of the camp and feel the camper can participate without restrictions. I have reviewed the program and activities of the camp and feel the camper can participate with the following restrictions or adaptations (*Please describe below.*)

9. Date of most recent tetanus immunization _____

10. **Medication:** This camper **will not take** any daily medications while attending camp.
 This camper **will take** the following daily medication(s) while at camp:

"Medication" is any substance a person takes to maintain and/or improve their health. This includes vitamins & natural remedies. Medication should be in containers with labels which show the camper's name and how the medication should be given. Provide enough of each medication to last the entire time the camper will be at camp.

Name of medication	Date started	Reason for taking it	When it is given	Amount or dose given	How it is given
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time		
			<input type="checkbox"/> Breakfast <input type="checkbox"/> Lunch <input type="checkbox"/> Dinner <input type="checkbox"/> Bedtime <input type="checkbox"/> Other time		

Write the student's/camper's name here in case this page becomes separated from the other 2 Health/Permission Form pages:

Student's Name: _____

11. The following non-prescription medications may be stocked in the camp Health Center and are used on an as needed basis to manage illness and injury. ~~Cross out those the camper should not be given.~~

Acetaminophen (Tylenol) Phenylephrine decongestant (Sudafed PE) Antihistamine/allergy medicine Diphenhydramine antihistamine/allergy medicine (Benadryl) Sore throat spray Calamine lotion Laxatives for constipation (Ex-Lax)	Ibuprofen (Advil, Motrin) Pseudoephedrine decongestant (Sudafed) Guaifenesin cough syrup (Robitussin) Dextromethorphan cough syrup (Robitussin DM) Generic cough drops Antibiotic cream Bismuth subsalicylate for diarrhea (Kaopectate, Pepto-Bismol)
--	---

12. What Have We Forgotten to Ask? Please provide in the space below any additional information about the camper's health that you think important or that may affect the camper's ability to fully participate in the camp program. Attach additional information if needed.

13. Medical Insurance Information: This camper is covered by family medical/hospital insurance. Yes No

Family Doctor _____ Doctor's Phone # ____ - ____ - ____

Insurance Company _____ Phone # ____ - ____ - ____

Subscriber _____ Policy # _____ Group # _____

14. Parent/Guardian Authorization for Health Care:

This health history is correct and accurately reflects the health status of the camper to whom it pertains. The person described has permission to the physician selected by the camp to order x-rays, routine tests, and treatment related to the health of my child for emergency situations. If I cannot be reached in an emergency, I give my permission to the physician to hospitalize, secure proper treatment for, and order injection, anesthesia, or surgery for this child. I understand the information on this form will be shared on a "need to know" basis with camp staff. I give permission to photocopy this form.

Signature of Custodial Parent/Guardian _____ Date _____ Relationship to Camper _____

Any additional directions should be specified on an additional page and SIGNED BY THE PARENT/GUARDIAN!